



World Association of Cultural Psychiatry

Newsletter

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Report from Kamakura, Japan Cultural Psychiatry Joint Meeting

The cultural psychiatry meeting was held in Kamakura, Japan at the venue of the Shonan International Conference Center, located at a hill top from where the Japanese famous beautiful Mountain Fuji can be viewed far away across the bay. The conference was organized by the Japanese Society of Transcultural Psychiatry (JSTP) chaired by Dr. Fumitaka Noda. The local organizing team led by Dr. Tsuyoshi Akiyama worked very hard to prepare the congress. TPS-WPA and WACP were co-sponsoring organizations for the congress.

A total of 81 international colleagues from 20 countries and 127 local Japanese colleagues participated in the three-day congress. As the scientific program, three plenary symposia, one each presented by the sponsoring organizations, four special lectures and 28 topic symposia plus 21 posters were presented. For the plenary symposium, the JSTP organized a session under the title of "Trauma and culture," the TPS-WPA, "Toward multiculturalism: is bicultural possible?" and the WACP, "Culture-related specific psychiatric syndromes: Asian examples."

One of the unique programs was the open forum on the third day, presented by the special guest, Bishop Daishin Adachi of the Engakuji Zen temple in Kamakura. The Zen master gave a talk on "Cosmos of mind (kokoro)" describing the concrete application of concepts of Zen Buddhism in our daily mental life.

At the gala dinner, besides the wonderful feast, a Japanese drum team was invited to make their performance, showing the traditional Japanese arts, adding the exciting and culture-flavored atmosphere to the occasion.

Japanese Society of Transcultural Psychiatry (JSTP)

Introduction by Fumitaka Noda (Chair)

Japanese Society of Transcultural Psychiatry (JSTP) was founded in 1993 by a group of young Japanese psychiatrists who were interested in transcultural psychiatry, particularly in mental health issues of ethnic minorities in Japan and Japanese nationals living abroad. The first chair was De Masahisa Nishizono and the secretary was Dr Fumitaka Noda.

The organization has expanded over the last 15 years. At present, JSTP has over 400 members that consist of psychiatrists, psychologists, medical anthropologists, nurses, social workers, and counsellors for foreign students and others. The goal of JSTP is to provide people who are interested in transcultural psychiatry information and a place for study, education and publication. In addition, it aims to concretely grapple with and solve clinical and practical issues related to cultural psychiatry.

As main activities, JSTP holds annual academic meetings and annual workshops for promoting culture and mental health to the public, and publishes its journal “Psyche and Culture” (in Japanese) twice a year. JSTP has subcommittees in order to make its activities more efficient. These include the Liaison committee, Annual meeting & workshop committee, Editorial committee for Psyche and Culture. Committee for supporting ethnic minorities in Japan, Committee for supporting Japanese abroad, Research committee, Award committee, and IT committee.

Dr Noda has been a chair since 2000. During his presidency, JSTP started to establish a closer tie with Transcultural Mental Psychiatry Section of WPA. In August 2002, when World Congress of Psychiatry (WCP) was held in Yokohama, Japan, JSTP held a joint meeting with TPS-WPA at the Totsuka campus of Meijigakuin University. At that time, Dr Noda was elected as a committee member of TPS-WPA and became the Secretary of the Section. He was elected as a Co-chair of the Section in 2005 when WCP was held in Egypt.

When World Association of Cultural Psychiatry (WACP) was established in 2006, JSTP became one of the international affiliated organisations of WACP. More than 20 members of JSTP participated in the First World Congress of WACP held in Beijing in September 2006 and contributed in making the congress successful. In April 2007, a joint meeting of JSTP, TPS-WPA and WACP was held in Kamakura, Japan. It was quite successful with over 200 participants. As a representative body of transcultural psychiatry in Japan, JSTP continues to develop its activities within Japan and across the world

Get Acquainted with Our Members

Dr. Tsuyoshi Akiyama (Tokyo, Japan)

I was born in a non-church Christian family. Non-church Christian is a sect initiated during Meiji era by Kanzo Uchimura with a belief that the Japanese Christians should not be a mere replication of the Western Christians.

There are not many Christians in Japan and as a child I experienced cultural conflicts with my fellow Japanese. To my complaint of loneliness, my mother replied: “If you are a two eyes monkey among fellow monkeys with only one eye, you should be proud for being mocked.”

While I was studying at Tokyo University, I fell in love with a beautiful woman, who was half Japanese and half Pakistani and had studied at an American school herself. The wedding was done according to Islamic religion. Through my wife I got acquainted with many Islamic people. Unfortunately, this marriage became difficult later and gave me wide perspectives about the intricate relationship among culture, religion, family, and personality.

Professionally I have treated thousands of English speaking foreigners in Japan since 1980.



In 1982 I joined Tokyo English Life Line, which provides phone and face-to-face counseling, workshops, outpatient clinic and guidance to inpatient treatment for the international community. Since 1999, I have been serving as board chair of this organization, which has provided me unique experiences to work as colleague with foreign volunteers, psychotherapists, board members, and donators such as company executives and ambassadors.

Since 2005, I have been assigned to work for the international affairs of the Japanese Society of Psychiatry and Neurology, and in 2006, I joined the finance committee of the World Psychiatric Association. Through these activities, I have gained many international friends and learned substantial knowledge about psychiatry, culture and people's life in developing countries of this age.

The issue of culture, people and psychiatry continues to fascinate me, academically, practically, personally and spiritually.

Get Acquainted with Our Members

Dr. Kenji Kitanishi (Tokyo, Japan)



I was born in Japan, at a place near Tokyo. I received my medical training in Japan, graduating from Jikei University School of Medicine in 1970. I was the Chair of the Institute of Morita Therapy in Daisan Hospital of Jikei University for 16 years between 1979~1995. The Institute was specialized for Morita therapy in an inpatient setting, and together with colleagues and staff, we treated mainly neurotic patients suffering from social phobia (taijin-kyofu-sho, TKS), obsessive-compulsive disorder, and panic disorder. Many clinical studies of Morita therapy have been carried out and the results have been published mostly in Japanese Journal of Morita Therapy, Psychiatry.

Presently I am professor of Department of Social Welfare at Japan Women's University since 2001 and the Director of Morita Therapy Institute (Kitanishi Clinic) where I have been in private practice for outpatient Morita therapy in Tokyo since 1999. I am the President of Japanese Society for Morita Therapy and a Chairperson for International Board of Morita Therapy.

Academically I have made numerous studies of socio-cultural, philosophical, religious background, and theoretical aspects of Morita therapy as well as comparative psychotherapy, especially comparison of Morita therapy with cognitive behavior therapy and psychoanalysis. I am interested in making new steps forward to develop Neo-Morita therapy as an universal therapeutic approach by integration of Eastern and Western psychotherapies.

I have published many articles and book chapters mostly on the aspects of Morita therapy. For the Japanese books, I am the author of: "Study of Morita Therapy" (1989, coauthored with A. Mori), "Pathology of Narcissism" (2001), "Morita Therapy and Psychoanalytic Psychotherapy" (2007, with K. Minagawa et al.). The English book chapter: "The philosophical background of Morita therapy" was published in Asian Culture and Psychotherapy, edited by W.S. Tseng, S.C. Chang, and M. Nishizono, published by University of Hawaii Press (2005).

Get Acquainted with Our Members

Dr. Kei Nakamura (Tokyo, Japan)

My specialty is Morita Therapy. I work as Vice Director at the Jikei University Daisan Hospital at where I serve as the Director of The Jikei University Center for Morita Therapy. I also hold the academic position of Associate Professor, Department of Psychiatry, The Jikei University. My email address is: kei87@jikei.ac.jp

Besides Morita therapy itself, my special interest include: psychopathology and cross-cultural studies of anxiety disorders, in particular, social phobia (or Taijin-kyofu-sho), and psychotherapies of depression.

Professionally I am related to many organizations. In addition to serve as the secretary general and member of the executive committee of the Japanese Society for Morita Therapy, I am the member of: the executive committee of The Japanese Society of Trans-cultural Psychiatry; the executive committee of The Japanese Federation for Psychotherapies, the councilor committee of The Japanese Society of Psychopathology and Psychotherapy; the councilor committee of Japanese Society of Psychosomatic Medicine; the councilor committee of Japanese Society of Depression; and the councilor committee of Japanese Society of Naikan Therapy.

For international organization, I am member of the Transcultural Psychiatry Section of the World Psychiatric Association, and the World Association of Cultural Psychiatry.

I published Japanese books of: Anxiety Disorders-From a Viewpoint of Psychotherapy (Seiwa-shoten, Tokyo, 2007). I also authored chapters in English book such as “The Formation and Development of Morita Therapy” for Two Millennia of Psychiatry in West and East, edited by Hamanaka, T., Berrios, G.E. (Tokyo: Gakujū Shoin, 2003:125-132) and “Taijin-kyofu-sho (Phobia of Interpersonal Situation) and Social Phobia” in New Developments in Anxiety Disorder Research, edited by Velotis CM. (New York: Nova Science Publishers, Inc., 2006:199-215).

Some of the main articles published in English are: Morita Therapy in Japan: Today and the Future [J. of Morita Therapy, 2000;11(1):66-70]; The history of psychotherapy in Japan [International Medical Journal 2006; 13 (Suppl.1):13-18]; and The neurotic versus delusional subtype of taijin-kyofu-sho: Their DSM diagnoses. [Psychiatry and Clinical Neurosciences 2002, 56: 595-601].

Addition to the library shelf

The Global Oriental from UK is publishing “The Collected Papers of Twentieth-Century Japanese Writers on Japan.” The first volume in the series of the collection feature Takeo Doi’s *Understanding Amae*, and the second volume Takie Lebra’s *Identity, Gender, and Status in Japan*, all by culture and mental health related scholars of ours with Japanese background. These two books are introduced as followings.

Understanding Amae: The Japanese Concept of Need-Love

-- by Takeo Doi

Folkestone, UK: Global Oriental (2005). 204 pages.

As indicated on the book cover, this book brings together twenty-seven of Prof. Doi’s most significant essays on the subject of dependence (*amae*) and the Japanese psyche, written in English over the last fifty years, with some published here for the first time.

Beginning with his first English written paper “Some aspect of Japanese psychiatry” (1955), many articles in between, including his landmark article of: “*Amae*: A key concept for understanding Japanese personality structure” (1962) and insightful paper of: “*Omote* and *Ura*: Concepts derived from the Japanese two-fold structure of consciousness” (1973), and concluding with “Are psychological concepts of Japanese origin relevant?” (2002), readers – especially those familiar with his best-selling *Anatomy of Dependence* (1973) – will welcome this opportunity to review Prof. Doi’s evolving and in-depth considerations of the workings of the Japanese mind over a range of topics and approaches.

Identity, Gender, and Status in Japan

-- by Takie Lebra

Folkestone, UK: Global Oriental (2007), 439 pages.

As one of Japan’s leading post-war anthropologists, the writing of Prof. Takie Lebra¹ have had significant impact on Western understanding and appreciation of the structures and workings of Japanese society, said on the book cover.

In particular, her research into the notions of self and self-other relationships, issues of gender and women and motherhood has provided a new paradigm in the way they are now addressed. Similarly, her analysis of the status culture of royalty and the aristocracy in Japan, based on extensive field study, which culminated in her book *Above the Clouds: Status Culture of the Modern Japanese Nobility* (1993), has been widely regarded as the most important contribution of its kind to date.

This volume brings together twenty-four of the author’s key papers on the three principal areas of her research over the last thirty-five years, and includes a completed Biography of her published writings. Her earlier writings include *Japanese Pattern of Behavior* (1976), *Japanese Women: Constraint and Fulfillment* (1984).

¹Takie Lebra is Professor Emeritus, University of Hawaii, the widow of the late Professor William Lebra who was the Director of the Culture and Mental Health Program for Asia and the Pacific in East-West Center.